

Haweenka Wacan BAARITAANKA CAAFIMAADKA

Baar caafimaadkaaga

IS-BAARITAANKA NAASKA

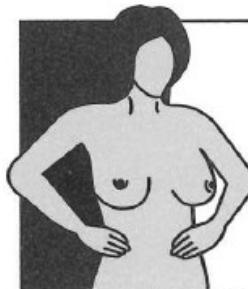
Labada naas iska baar bil walba 7 maalmood ka dib markay caadada bilaabato (haddii aad caado qabin isla maalintaa bisha naaska baar).



Hor istaag muraayad

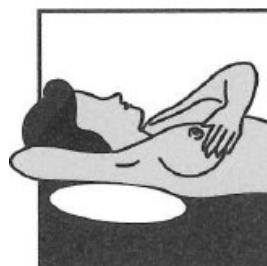
Eeg haddii naaskaaga wax iska beddeley adigoo si toosan u istaagaayo iyo gacmahaada u hoos dhigaayo, marna kor u qaadaayo, mar kalena gacmahaada ku riixaayo misigtadaa. Waa inaad eegta haddii naashaada ka beddelmey qaabka ay u eg yihiin iyo u dareemaayan. Eeg haddii aad naaska gudahiisa ka dareemayso kuus iyo maqaarka ama ibta naaska ka eeg is-beddelo sida:

- maqaarka oo dalool yar leh
- maqaarka oo casaan ah
- maqaar u eg mid la soo jiidey
- maqaar adag
- ibta naaska oo dhacaan ka socdo
- maqaarka ibta naaska oo u eg midka maska

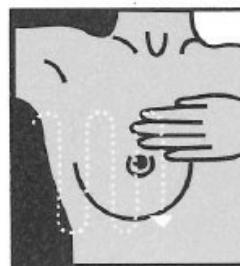


Hoos u seexo

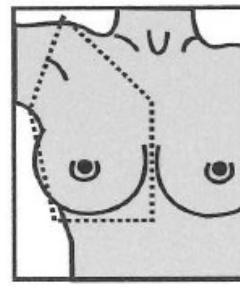
Gacantaada midig hoos-dhig madaxaada. Adigoo isticmaalaayo seddax far ee gacantaada bidix, si goobaabin ah ku riix iyo ku baar naaskaaga midig; si khafiif ah, si dhex-dhexaad ah iyo si adag u riix naaska si aad u dareento haddii uu leeyahay kuus. Kor ilaa hoos ka baar naaska adigoo raacaayo tilmaamta lagu muujiyey sawirka midig. Islabaaritaanka ku samey naaskaaga bidix.



Haddii aad aragto ama dareento wax is-beddel ah, ama haddii aad qabtid wax su'aalo ah, isla markiiba wac takhtarkaaga.



Si aad uga hortagto iyo horey u ogaato kansarka naaska waxaad sameysa is-baaritaan biloodle ah iyo sanadka hal mar naasha ha lagu baaro rugta caafimaadka iyo samey raajada naaska. Wac I-888-257-8502 si aad u ogaato haddii aad xaq u leedahay raajo naas oo bilaash ah.



Information adapted from materials developed by the Arizona Department of Health Services Well Woman HealthCheck Program (<http://www.azdhs.gov/hsd/healthcheck/wellwoman/>).